

Did You Know?

March is National Nutrition Month

- Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger.
- Limiting your intake of fat, cholesterol and sodium can help reduce your risk for heart disease, high blood pressure and cancer.

American Dietetic Association
www.eatright.org

Women's Healthy Heart

HARTFORD AWARDED \$125,000 BY THE CT DEPARTMENT OF PUBLIC HEALTH TO FIGHT HEART DISEASE AMONG LOW INCOME WOMEN



Carol Steinke
Public Health Nursing Supervisor

The Department of Health and Human Services, in partnership with the Phillips Women's Heart Program of St. Francis Hospital, will continue to provide low income women in Hartford with family and self assessments, screening of blood pressure, blood sugar, height, weight, waist, Body Mass Index and Cholesterol levels. The findings of these screenings are carefully reviewed with the individual women to help identify ways they can reduce their risk of heart disease whether by exercise, smoking cessation, or dietary changes.

For more information, please call Carol Steinke at 860-757-4846.

WELCOME!

Our newest staff members:

Tiffany Walters, Nutritionist

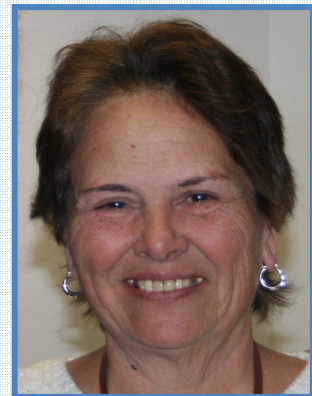
Giang Nguyen, Nutritionist, RD

BEST WISHES TO OUR RECENT RETIREES:

Diana Joiner

Rena Johnson

Elsa Smith Pleasant



"A Job Well Done"



Eleanor Cappa is the recipient of the 3rd Quarter Most Valuable Performer Award. A member of the Environmental Division, she is known by everyone in the department for her effectiveness. Eleanor performs a number of job responsibilities and performs each one of them in a complete, dependable and timely manner. Eleanor processes the department's payroll transactions, insuring accuracy and timeliness. She also monitors and maintains the quality standards for properties to be renovated in accordance with Lead Safe practices, always advancing our goal of making Hartford homes safer for children. All of the Department of Health and Human Services benefits from Eleanor's commitment to quality.

Elby Gonzalez Schwapp is the recipient of the Manager/Supervisor Semi-annual award. As the Manager of the Senior and Community Services Division, Elby is a leader who is continuously looking for ways to improve processes and procedures. She builds an environment that fosters true teamwork for the betterment of our services to the Hartford community. Elby always projects a warm, cheerful attitude to our clients and members. She is a problem solver who is adept at resolving conflicts and handling difficult situations with remarkable patience and admirable tact. She loves people, works hard, and always lifts the spirits of those around her.

WINTER | 2011



Pedro E. Segarra
Mayor

Healthy Hartford News

Hartford Department of Health and Human Services

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www.hartford.gov

P1 TEEN PREGNANCY PREVENTION

P2 2010 CRITICAL HEALTH INDICATORS PUBLISHED

P3 KEEPING CHILDREN SAFE FROM LEAD POISONING

P4 WOMEN'S HEALTHY HEART

Teen Pregnancy Prevention

HARTFORD HEALTH AND HUMAN SERVICES AWARDED 4.5 MILLION FOR A COMMUNITY WIDE EFFORT TO REDUCE PREGNANCY AND STI'S AMONG HARTFORD'S TEENS



"This grant reaffirms Hartford's ability to come together for the purpose of improving the lives of all of our residents. We will succeed in this effort by combining our experience, expertise and community connections."

Carlos Rivera, Director

The U.S. Department of Health and Human Services (HHS), Center for Disease Control and Prevention (CDC) selected the City of Hartford to receive 4.5 Million Dollars over 5 years to establish a community-wide approach to reduce the rate of teen pregnancies.

"When a teen becomes pregnant, her options and opportunities narrow considerably. Every young person in our

city deserves a bright future. We envision a city in which teenagers are educated and equipped to make informed choices about their futures and every young person is healthy and self sufficient before deciding to become a parent," stated Mayor Pedro Segarra.

Core partners include **Hartford Office of Youth Services (HOYS)** whose mission is to build and strengthen a youth service system that prepares Hartford youth to be productive, self-sufficient adults, **Hartford Action Plan**, a non-profit grassroots agency that has been serving Hartford for 26 years and providing teen pregnancy prevention programs for the last 15 years, and **Planned Parenthood of Southern New England**, who has worked to improve women's health and safety and has advanced the right and ability of individuals and families to make informed and responsible choices for more than 90 years.

The **Connecticut Women's Education and Legal Fund**, with a long history of advancing women's rights and opportunities, and a vital resource to women and policy makers in

Connecticut, will serve as the lead evaluator to assure fidelity in the implementation of the chosen curricula.

This collaborative partnership will provide services to city teens with the most up-to-date reproductive health education in an effort to decrease the rates of pregnancy, Sexually Transmitted Infections (STI's) and HIV among the teen population of Hartford.

To learn more about this important effort in our city, please call Carmen Chaparro, Project Coordinator at 860-757-4743.



2010 Critical Health Indicators Published

A Tool to Assess Hartford's Health Status



Executive Summary

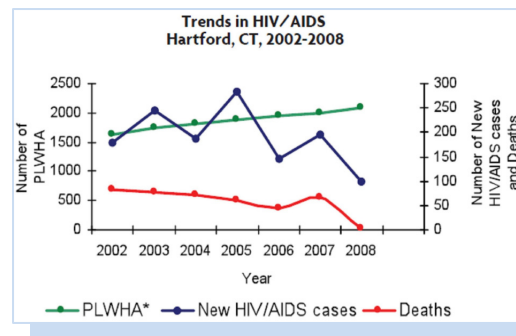
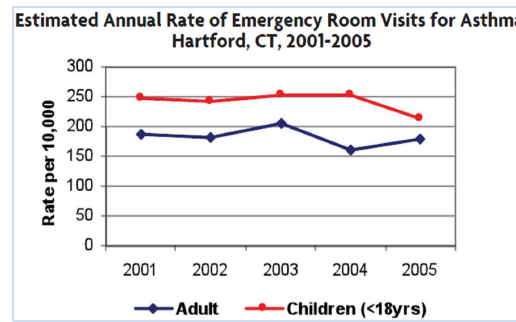
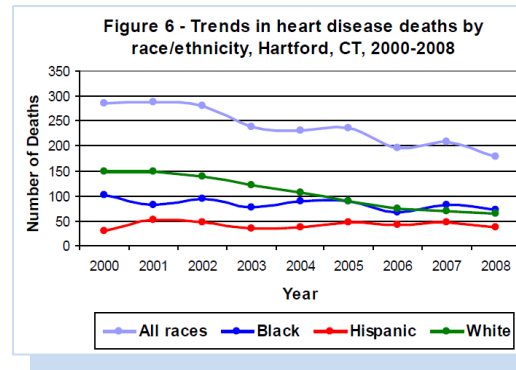
Now, more than ever, it is necessary to understand how disease impacts the productivity, quality of life and general wellness of our residents. The Hartford Department of Health and Human Services recognizes its responsibility in identifying the health and wellness needs of our community and the importance of promoting policies that support and improve Hartford's public health

environment. To this end, the department has issued the second edition of Hartford's "Critical Health Indicators." This document is consistent with the department's goal to better inform and prepare our residents and partners to address the health challenges confronting our city. In this fashion, together, we can determine where our health and wellness resources will have the greatest impact.

In the 2010 edition, in addition to demographic information and the selected health indicators, we have included the leading causes of death for Hartford residents from 2000 to 2008. The leading causes of death are presented by age group, gender, race and ethnicity. This document also includes an introduction to the Health Equity Index (HEI), which is a tool developed by the Connecticut Association of Directors of Health (CADH). HEI is intended to enhance our understanding of the relationship between social determinants of health and health outcomes.

Through this document, we hope to convey that together we can improve our health, the health of our children and the health of our community.

For a copy of the 2010 Hartford Critical Health Indicators, visit us at www.hartford.gov or call 860-757-4730.



Hartford Fights to Keep Children Safe from Lead

FACT:

Lead exposure is one of the most common preventable poisonings of childhood.

Center for Disease Control and Prevention (CDC)



The U.S. Department of Housing and Urban Development (HUD) awarded a \$4.5 Million dollar grant to the City of Hartford Department of Health and Human Services to continue our efforts to reduce children's exposure to lead poisoning in Hartford homes.

"Protecting the health and welfare of our youngest and most vulnerable residents is essential," said Hartford Mayor Pedro E. Segarra. "This grant will help protect our families against significant health and safety hazards. A Healthy Hartford starts with healthy and safe homes."

Hartford's children will be better protected from the dangers of lead-based paint thanks to this award. Lead is a known toxin that can impair children's development and have effects lasting into adulthood.

Through this grant, HUD promotes local efforts to eliminate dangerous lead hazards from lower income homes; stimulate private sector investment in lead hazard control; an, educate the public about the dangers of lead-based paint.

Lead-contaminated dust is the primary cause of lead exposure and can lead to a variety of health problems in young children, including reduced IQ, learning disabilities and developmental delays.

Extreme exposure to lead can damage the central nervous system and cause anemia, coma, convulsions and even death.

"Making homes safe for Hartford children has always been a top priority of our department. This grant will expand our reach exponentially and make a great difference in the lives of children who deserve nothing less," stated Carlos Rivera, Director of the Hartford Department of Health and Human Services.

4.5 Million in New Funding Will Help Hartford Make Over 300 Units Safe for Children!

A Piece of the Puzzle

One of Our Partners in Public Health



Catholic Charities

as part of the Brighter Futures Initiative of the Hartford Foundation for Public Giving will open Hartford's newest Family Center at the Parker Memorial Community Center. This center was designed by Catholic Charities and the Department of Health and Human Services, with community residents as a vehicle to strengthen families through family literacy, as well as to enhance the ability of parents/caregivers to improve the school readiness of their children. www.ccaoh.org

HEALTHY MEN EVENT A GREAT SUCCESS!

On December 10, 2010, the "Health Equity + Healthy Choices Make Healthy Men" event was held in our new state of the art facilities at Parker Memorial Community Center. Over 100 men from very diverse segments of our population participated and gave rave reviews. Among others, participants included members of fatherhood programs, veterans, community college students, Job Corps participants and men living in homeless shelters. A participative presentation of a segment of the "Unnatural Causes" film series generated a powerful conversation that brought the voices of Hartford men into the discussion on health inequities. An inspiring presentation was provided by Mr. Curtis D. Robinson, founder and chairman of the Cofounder and Chairman of the Curtis D. Robinson Men's Health Institute at Saint Francis Hospital.

Department of Health and Human Services staff designed and executed an excellent plan by recruiting diverse participants and bringing together information and services from a long list of community partners.

Kudos to the HHS staff that worked under the leadership of James Johnson, Jr.:

- Karem Ballestas
- Andres Chaparro
- Ula Dobson
- Ed Doughtie
- Rosemarie Gupton
- Noel Lugo
- Nydia Massey
- Maria Negron
- Tung Nguyen
- Orlando Perez
- Arlene Robertson
- Reinaldo Rojas
- Luigi Sartori

